

## DAILY DIET HINTS

By DR. F. J. ALLEN  
Food Specialist.

### SPINACH RICH IN MINERAL ELEMENTS.

Spinach does not differ materially from lettuce or cabbage in composition. Like the other green vegetables, it is rich in the mineral elements of food, but contains little flesh and heat making material. The mineral elements are as necessary as the other constituents of food; life could not be supported without them. The want of a single mineral element, as iron or sodium, may produce serious results. The minerals to be assimilated must be in organized form as they are in vegetables, and they are more or less precipitated by heat and are thrown out in the water, if no chemical change is effected by heat, as there is, especially in cabbage. Therefore, lettuce or cabbage, uncooked, is preferable. These are best eaten alone or with fruit, in the morning.

## We're Opposed to Mail Order Concerns Because—

They have never contributed a cent to furthering the interests of our town—

Every cent received by them from this community is a direct loss to our merchants—

In almost every case their prices can be met right here, without delay in receiving goods and the possibility of mistakes in filling orders.

### But—

The natural human trait is to buy where goods are cheapest. Local pride is usually secondary in the game of life as played today.

### Therefore

Mr. Merchant and Business Men, meet your competition with their own weapons—advertising.

### Advertise!

The local field is yours. All you need do is to avail yourself of the opportunities offered. An advertisement in this paper will carry your message into hundreds of homes in this community. It is the surest medium of killing your greatest competitor. A space this size won't cost much. Come in and see us about it.

### Disraeli's Humor.

I was introduced by particular request to Mrs. Wyndham Lewis, a pretty little woman, a flirt and a rattle; indeed, gifted with a volubility I should think unequalled and of which I can convey no idea. She told me she liked "silent, melancholy men." I answered that I had no doubt of it.—Letter of Benjamin Disraeli to his sister.

## PROGRESS OF DRY FARMING

Those Who Followed Scientific Methods Last Year Had Good Crops—Others Made Failures.

(By W. C. PALMER, North Dakota.)  
The opposition to the name "Dry Farming" is dying out in North Dakota. The dry weather which characterized the last crop year has been a good school master. Those who had followed the dry farming methods had good crops, while those who had not often did not have crop enough to be worth while cutting. It looked queer to see a field of grain on one field that would go 80 bushels per acre and the next one go four or five, both having had the same rainfall. It is not hard to understand, though. The evaporation from a water surface is 30 inches in the state during the spring and summer months. This is more than the rainfall for a whole year amounts to, which in the state varies from 15 to 24 inches. To have any left for the crops it is plainly necessary to take steps to save the moisture. Those who had grown corn and potatoes, who had disked after cutting the grain, who had summer fallowed, who had plowed under clover or added organic matter to the soil—that is, where it had been done in accord with dry farming principles—had from fair to very good crops this year. It is generally conceded that if there had been a two-inch rainfall at the critical time, good crops would have been assured all over the state. By cultivation, this could very easily have been saved, and more, too.

At farmers' institutes there is more call for talks on dry farming than any other subject. The question often comes in this way: "What shall I do to be ready for a dry year?"

While some real estate men are opposed to the term "dry farming," yet the putting into practice of these principles is what will assure the farmer of a crop every year, at least as far as moisture is concerned. It is those who practiced dry farming methods last year that have demonstrated what the state can do in a dry year. They have been the salt of the earth.

### CARE IN SELECTING CROPS

Those That Will Mature Early Should Be Chosen for Dry Farming—Turkey Red Wheat Leads.

The careful selection of crops and seed is necessary for success in dry farming. Crops must be chosen that will mature early. Turkey Red wheat has averaged a yield of better than thirty bushels to the acre for twenty years, giving it easily the first place as a dry land crop in this state, says the Denver Field and Farm. Other promising dry land crops are bullock barley, the earliest spring crop to mature; macaroni wheat, a spring crop which matures early, but for which the market is uncertain; some early maturing oats, the Six Day variety for instance, although oats are not an especially strong dry land crop. Corn requires constant cultivation and relatively but little moisture and can take the place of summer fallowing as soon as proper varieties are developed. White Australian is the most satisfactory thus far discovered, but it lacks in feeding quality. Alfalfa and Canada field peas, which put nitrogen into the soil for the grain crops and which will mature a good yield with little moisture, are very valuable. Broom corn is coming on as something of a dry crop, while first rank must be given to the non-saccharine sorghums.

## OUR ADVERTISING COLUMNS

are read by the people because it gives them news of absorbing interest. People no longer go looking about for things they want—they go to their newspaper for information as to where such things may be found. This method saves time and trouble. If you want to bring your wares to the attention of this community, our advertising columns

Should Contain Your Ad

□ □ □ □ □ □ □ □

## Advertise

IF YOU  
Want a Cook  
Want a Clerk  
Want a Partner  
Want a Situation  
Want a Servant Girl  
Want to Sell a Place  
Want to Sell a Carriage  
Want to Sell Town Property  
Want to Sell Your Groceries  
Want to Sell Your Hardware  
Want Customers for Anything  
Advertise Weekly in This Paper.  
Advertising Is the Way to Success  
Advertising Brings Customers  
Advertising Keeps Customers  
Advertising Insures Success  
Advertising Shows Energy  
Advertising Shows Fluck  
Advertising Is "Biz"  
Advertise or Bust  
Advertise Long  
Advertise Well  
ADVERTISE  
At Once

## In This Paper



You May Talk to One Man

But an advertisement in this paper talks to the whole community.  
Catch the Idea?

Do YOU Know About OUR Prices?

We are anxious to have you find out about them

They will interest you when you're in need of printing

## Poultry Raising in Oklahoma

By PROF. V. R. MCBRIDE  
Poultryman

OKLAHOMA A. & M. COLLEGE, STILLWATER

Oklahoma offers a broad open field for all branches of poultry culture. With our mild winters hatching may be done at any time which makes possible the production of early broilers for the top price. The A. & M. College has established a small poultry plant and is demonstrating some of the more important facts and achievements under Oklahoma conditions.

One of the first and most important questions in poultry culture is the production of strong germed eggs for hatching. We might say fertile eggs but simply fertile does not mean much. A weak-germed egg will hatch a weak chick if it hatches at all and by giving such a chick special care and attention it may reach maturity. There is consequently a possibility that it may reach maturity. There is consequently a possibility that it might be used for a breeder the following season and thus there may be a speedy lowering of the vitality of the flock.

If weak-germed eggs are used for hatching the result will be a number of dead germs at different stages of development and a large per cent after the 15th day of incubation, some may continue to develop until the 20th day and possibly pip the shell and get no farther. Such are often the ones

evidence eggs might be injured by remaining under such hens for even a few hours.

Eggs may hatch after two or even three weeks old but every day will reduce the vitality. By keeping eggs in a temperature of about 50 degrees and turning every other day deterioration may be reduced to a minimum.

There is no longer any question but that the modern method of artificial incubation has many advantages, even in Oklahoma, over the natural way. We can hatch our chicks when we are ready and not lose valuable time waiting for broody hens. We do not hatch a nest full of lice and mites to prey on the little fellows as soon as they are out.

In operating an incubator the manufacturer's directions should be followed to the letter, different machines are constructed after different plans therefore no fixed rules can be laid down for handling all kinds.

The best location for an incubator is in a well ventilated dry cellar, yet good hatching can be done in an ordinary living room that has no artificial heat. An even temperature is more easily maintained in the egg chamber if the variation of temperature in the room is not great.



NEW POULTRY HOUSE—TYPE USED AT A. & M. COLLEGE.

helped by some kind-hearted poultry keeper. To repay this kindness these weak chicks may develop into half-clad homely specimens weighing about 10 ounces at ten weeks, at which time they should be plump two-pound broilers. Helping these chicks out of the shell is nothing short of inviting trouble, since they always lack vitality and at the least provocation will develop a case of bowel trouble.

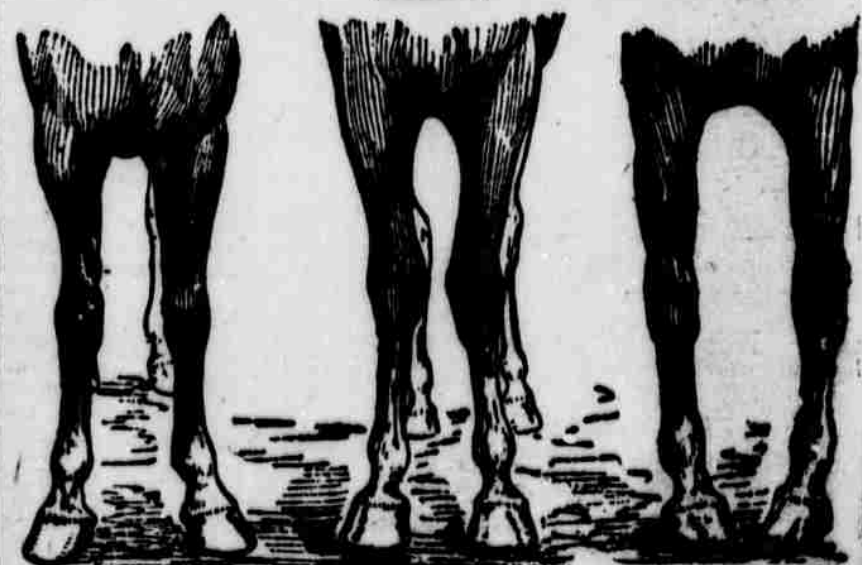
We have found that some of the principal causes of weak-germed eggs are close confinement of breeding stock, poorly ventilated poultry houses, in and in breeding without regard to constitutional vigor, improper foods and forcing hens for heavy egg production.

The manner in which eggs are cared for before incubation will greatly influence the hatching. They should be gathered at least twice each day. In the early part of the season there is danger of chilling if allowed to remain out of doors any great length of time and later when the broody hen is in

time to "fire up" the brooder, then by the time the chicks are twelve hours old it is ready for them. Chicks should not be fed until after they are 24 hours old. For the first feed, stale bread crumbs are good. Clean drinking water and chick grit or sand should be furnished them at all times. After a few days old some of the prepared chick foods on the market give good results, or a mixture of cracked grain consisting of three parts water, two corn, one oatmeal, makes a good food. Pulverized charcoal should be kept before the chicks at all times, it is a good preventative of bowel trouble.

A great many chick ailments are aggravated by the use of impure drinking water or unclean vessels. Drinking vessels should be washed every day and scalded once a week. Special care in this matter will have a great influence on the health and development of the chick.

## ATTITUDES ARE UNDESIRABLE



In the first, the toes are turned out, says the Orange Judd Farmer. The middle picture shows in-turned attitude, and the third shows in-turned toes. Whether standing or traveling,

the appearance is unpleasant and mitigates against value.

Good seed is an essential to the maximum of success in farming.

Dr. J. F. Gamble

ELGIN  
OKLAHOMA